



PLAN OF SAFE CARE

INFORMATION FOR PARENTS, CAREGIVERS, AND FAMILIES



WHAT IS PLAN OF SAFE CARE (POSC)?

A Plan of Safe is a document created jointly by you, your family, and care providers. The purpose of the POSC is to:

- Ensure you and your baby remain healthy and safe
- Work with you to identify your overall strengths and needs
- Make referrals and connect you to services
- Focus on you and the health and development of your baby

The goal is to work with you to plan how best to support your health and your baby's health and development



HOW DOES POSC AFFECT ME?

POSC is meant to address the needs of infants and parents affected by prenatal substance exposure. Just because you disclose any history of prenatal substance use does NOT automatically mean a call to Child Protective Services would occur. The purpose of POSC is to help you and your family avoid interacting with child welfare when it is not necessary, and connect you to supports and resources.

Prior to your and your infant's release from the hospital, an assessment will occur. The purpose of the assessment is to identify needed services for you, your infant, or family and the level of risk posed to your infant. If, following the assessment, there are other factors present indicating risk, a report may be made to Child Protective Services.

WHO CAN HELP ME CREATE A POSC?



The POSC is owned by and developed by you with the support of providers. These providers could include:

- Hospital Social Workers/Case Managers
- OB/GYNs
- Primary Care Doctors
- Pediatricians
- Substance Use Disorder Treatment Providers
- Recovery Coaches
- Mental Health Providers
- Staff from Home Visiting Programs
- Faith Leaders
- Parent Coaches and Peer Support



HOW CAN I ACCESS MY POSC?



After your provider helps you to develop your POSC, a copy of your POSC will be provided to you. This will enable you to update your progress and help facilitate your conversations with providers.

WHAT IF I DO NOT WISH TO PARTICIPATE IN SERVICES IDENTIFIED IN THE POSC?

You do not HAVE to engage in services identified through the POSC process, it is completely voluntary. Although the services are completely optional, the POSC can be used to support you and your baby's needs.

The tool helps keep everything together in one place so that it is easier for you to talk to all providers about your background and progress.

REMINDER TO BE KIND TO YOURSELF

You have many positive qualities and deserve to be your best self. Remember that it's ok to struggle as you work toward making a better life for you, your family, and your baby. We are all in the process of learning different life skills to be happier and healthier.

Judgment and unkindness – even when it's from ourselves – only stands in the way. As your journey continues, so will your understanding of how to care for yourself and your family.